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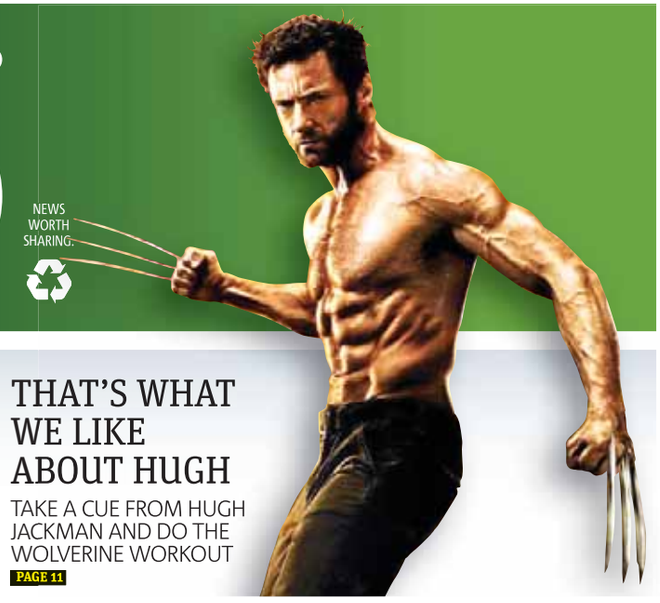

This hero's not so super

Arrested Development alum Michael Cera talks about playing against type in the indie movie Crystal Fairy PAGE 9

Tories do the cabinet shuffle

Stephen Harper moves it to the right, and shakes up his roster of ministers with eight new faces, including four women PAGE 6

Autopsy and tests confirmed for Monteith

Post-mortem results will not be available for several days, B.C. Coroners Service says PAGE 3

THAT'S WHAT WE LIKE ABOUT HUGH

TAKE A CUE FROM HUGH JACKMAN AND DO THE WOLVERINE WORKOUT PAGE 11

Mark and Rosemarie Surakka speak to media outside Surrey provincial court Monday after a fourth person was charged in the 2008 murders of their daughter, Lisa Dudley, and her boyfriend, Guthrie McKay. MATT KIELTYKA/METRO

4th man charged in double murder

2008. Police say killings were targeted, but have provided few details

Rosemarie Surakka sat in a Surrey courtroom Monday and held up a photograph of her slain daughter, Lisa Dudley, 37, as one of the men accused of a gruesome 2008 Mission double murder appeared in court.

To her shock, Thomas Robert Holden, looking into the gallery from the prisoner's box after being charged with two counts of first-degree murder, appeared to scoff and put his hand over his heart as he smiled.

It's not clear whether Holden was making the gesture at Surakka or to his own family, but the action sickened Dudley's family and that of fellow victim, Guthrie McKay, 33.

Both families described the accused, a former friend of Dudley's, as "a bad man."

"Perhaps that's just the way he is," Dudley's father Mark Surakka said of Holden's behaviour. "If that's his attitude, it speaks directly to his heart."

McKay's dad Pat added, "As a father I wanted to punch him in the head. I saw no remorse at all. What I saw was pure evil."

On Monday, Holden became the fourth person charged with the murders of the couple.

Jack Woodruff is serving life in prison after he pleaded guilty to two counts of first-degree murder last year.

Bruce Main was sentenced to eight years in prison last week on two counts of manslaughter.

Justin MacKinnon has pleaded not guilty and is before the courts.

RCMP Sgt. Jennifer Pound said Holden's charges will likely be the last in the "extremely complex" investigation.

The Surakka family said their five-year ordeal has become a part of their life.

For the McKays, however, Monday marked the end. They don't plan on attending the upcoming trial.

"Today is actually a really happy day for our family," said McKay's sister Lindsay. "For us, this is over. We can move on with our lives and they can waste their lives (in prison)."

MATT KIELTYKA/METRO

Background

Dudley and McKay were shot in their Fraser Valley home Sept. 18, 2008.

- The police sparked outrage after it was learned that a responding officer never got out of his vehicle, inspected the home nor spoke to the neighbour who made the 911 call.
- Four days later, a neighbour looked into the house through a window and discovered McKay's body. Dudley was still alive but died of her injuries.

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Coroner hopes testing will explain actor's sudden death

Cory Monteith.
Post-mortem results will not be available for several days

EMILY JACKSON
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The B.C. Coroners Service confirmed Monday it will undertake an autopsy and order toxicology tests to determine how beloved Canadian actor Cory Monteith died.

Monteith, who skyrocketed to fame in his role as a goofy football player and choir member in the hit TV series Glee, was found dead in his room at Vancouver's Fairmont Pacific Rim Hotel on Saturday afternoon after he failed to check out as scheduled.

"An autopsy and toxicology testing are necessary for the determination of the cause and classification of death of Mr. Monteith," according to a B.C. Coroners Service news release. Post-mortem results will not be available for several days.

"We do understand there's a lot of public interest in this case, so we will try and get it done (as fast as we can) without compromising the integrity of the investigation or the testing," spokeswoman Barb McLintock said.

Neither police nor the coroner who attended the scene found an obvious cause of death during initial examinations. Based on surveillance footage, they believe that Monteith went out downtown with friends on Friday night but was alone when he returned to his room in the early morning.

Foul play is not suspected. Const. Brian Montague would not reveal if police found alcohol or drug-related items at the scene.

Monteith has a well-documented history of substance abuse. He last went to rehab in March, but was out in time to attend a Canucks playoff game with his onscreen and offscreen girlfriend, Lea Michele.

Flowers lean against Vancouver's Fairmont Pacific Rim Hotel in memory of Canadian actor Cory Monteith. EMILY JACKSON/METRO

The news of Monteith's sudden death sent fans, friends and fellow actors reeling.

About 20 bouquets and a handful of roses adorned the hotel where he was found, with notes expressing love, shock and condolences for his family.

One included the hashtag #PrayForLea, a sentiment that trended worldwide on Twitter.

Gangsters given prison time for murder plot

Five men who hunted their rivals during a Metro Vancouver gang war were a danger to everyone, a B.C. Supreme Court judge said Monday.

Justice Janice Dillon called their actions "heinous" and "wicked" as she sentenced them to prison time ranging from 11 to 14 years.

Young Sung Lee, Dilun Heng, Barzan Tilli-Choli, Karwan Saed and Ion Kroitoru admitted last week to a murder conspiracy aimed at the notorious Bacon Brothers — Jamie, Jarrod and Jonathan — who are the leaders of the rival Red Scorpions gang.

But the judge also gave the men double credit for the time they already served while awaiting trial.

The men have been in custody since 2009, before federal laws were changed that eliminated double credit.

It means the men will serve between three and five more years in prison.

An agreed statement of facts filed with the court showed that the men were battling over which gang controlled the Lower Mainland drug-trafficking network.

The gang war resulted in the death of an innocent man.

THE CANADIAN PRESS

Gang war

Over a 13-month period, shootings escalated as the war gripped Metro Vancouver.

- Stereo installer Jonathan Barber was shot and killed as he was driving Jonathan Bacon's Porsche. He was going to install some speakers.
- Jamie Bacon faces trial for conspiracy to commit murder in the deaths of six people in a Surrey highrise in 2007. Jarrod Bacon was recently sentenced to 12 years in jail and Jonathan Bacon was shot to death in 2011.

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Is the Hornby bike lane good for Vancouver businesses?

Cyclists use the Hornby Street bike lane between Helmcken and Davie in downtown Vancouver. EMILY JACKSON/METRO

Not seeing dollar signs. Business owners along Hornby Street don't all agree that bike lanes mean extra cash in the register

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver loves to point to Portland businesses' success with bike lanes, but it's not clear whether the statistics hold true closer to home.

Studies touting bike lanes' positive business impact have been mentioned frequently as the city starts construction on the Adanac bikeway and finalizes plans for separated lanes on Point Grey Road–Cornwall Avenue.

Yet business owners along Hornby Street, where the city installed a bike lane in January 2011, don't all agree that bike lanes mean extra cash in the register.

A handful of vacant storefronts line the street two years after a city-sponsored study found the bike lane had a "moderate economic impact" on businesses.

"For our business, (customers) just want to drop off and pick up," said Rio Kim of Kim's Shoe and Bag Repair, which lost some regular customers who preferred to travel by car. "It was better when we had parking."

Others such as Madalena Corsi of Jeweliette Jewellery love having bike lanes in the neighbourhood. Since her shop moved into the location in September 2012, many customers have pulled up on two wheels.

"Hopefully, more people will leave their cars," Corsi said.

The majority of owners along the street are resigned to bike lanes as a fact of life, said Charles Gauthier, president of the Downtown Vancouver Business Improvement Association.

"They're not necessarily going to be critical, but they're not going to get up to cheer."

The vacancies could be a result of a number of things such as rent increases, HST or the economy, Gauthier said.

"I think there will be a changeover to businesses that aren't necessarily banking on people driving there, or businesses that are tailoring their business model more to pedestrians and bicycles," he said, using casual restaurants as an example.

While his association decried the bike lane in 2011, it now supports all methods of travel into downtown.

"(Cycling) is a good thing to encourage. It takes strain off transit, cars," he said. "But on the flip side, we do know there are going to be some losers in this, and street-level businesses are bearing the brunt of it."

While the 2011 study on the impact of the bike lane was preliminary and the Vancouver Economic Development Commission recommended further evaluation, there are no plans to repeat the study at this point, Jerry Dobrovolny, the city's director of transportation, said in an email.

Local startup's giving Google Glass a ride for its money

Long before Google Glass set tongues wagging about privacy rights, "Glassholes" and a potential future plagued by espionage, a Vancouver company was developing similar technology but for a totally different customer: Athletes.

Recon Instruments, a small startup founded in 2008 by four UBC business and engineering grads, sold the world's first consumer "heads-up display" mounted in a pair of Oakley ski and snowboard goggles in 2010.

Since then they have moved more than 40,000 units, and recently launched a line of sunglasses, called Recon Jet, to help cyclists keep track of stats such as heart rate, cadence, elevation and distance.

It also connects to smartphones, allowing them to take calls, text and share photos and videos of what they see, all hands-free.

"The good thing is that we've been very successful at communicating how we're different from Google," said Recon CEO Dan Eisenhardt, noting Google Glass is still grappling with major branding obstacles such as fashion and conspicuousness.

"I haven't met anybody who doesn't agree that we're selling to customers that have no problems wearing this.

"For a cyclist who's wearing spandex, Recon Jet sunglasses with a head display makes him or her look cooler, because the context is very important."

Until July 21, advance sales of Recon Jet glasses will be priced at $499, after which they will go up to $599.

The first shipments are expected to go out in December. For details visit reconinstruments.com.

KATE WEBB/METRO

Recon Instruments spokesman and 17-time Tour de France rider George Hincapie. RECON INSTRUMENTS/HANDOUT

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Whistler sled dogs up for adoption

Throw a dog a bone?
Animal shelter will look after the dogs until they find permanent homes

EMILY JACKSON
emily.jackson@metronews.ca

Eighty-six sled dogs are looking for loving homes after the Whistler company they worked for shut its operations, Pique Magazine reported.

The Whistler Sled Dog Company, which cared for sled dogs formerly belonging to a company associated with the violent cull of 56 dogs following the 2010 Winter Olympics, will not operate next season due to the age of the dogs, Sue Eckersley of WSDC told Pique on Monday.

Whistler Animals Galore, an animal shelter, is working to find them homes and caring for the dogs in the interim.

More info

If you're interested in adopting a sled dog, email retiredsleddoginfo@whistlerwag.com.

There are challenges associated with caring for retired sled dogs — the animals often aren't domesticated or used to walking on leashes — but online testimony from new owners paints a picture of loving pets that simply take time to adapt.

Dog sledding is a popular winter tourist activity in Whistler, but drew furious headlines around the world as the slow, post-Olympics business cycle prompted a Howling Dog Tours manager to slaughter dozens of dogs and bury them in a mass grave.

Robert Fawcett pleaded guilty to animal cruelty and was sentenced to three years probation and 200 hours of community service in November 2012.

This sled dog, named Mr. Big, is at the Whistler Animals Galore shelter and is one of 86 dogs looking for a home. CONTRIBUTED/WAG

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Murder of teen

Family and friends sob as Crown details attack

A sentencing hearing for the young man who has admitted to murdering a Delta teen has heard he attacked three other women before the deadly assault.

On Monday, Laura Szendrei's family and friends sobbed as a Crown lawyer read details of how the killer repeatedly hit the 15-year-old girl over the head at a park in September 2010.

The man, who was 17 at the time, was charged but not convicted for the other attacks in nearby Burns Bog.

Szendrei was assaulted in broad daylight as a crowd was gathered for a sporting event near where she was walking in the park. Her friend responded to her screams and discovered she'd been beaten. THE CANADIAN PRESS

Coquitlam

IHIT rules death a murder-suicide

A married couple whose remains were pulled from a burning house in Coquitlam on July 9 died in a murder-suicide, according to the Integrated Homicide Investigation Team.

Benyoucef Assen is believed to have killed his wife, Agnes Assen, before setting fire to the house, which police believe is what killed him.

Witnesses in the area noticed the smoke coming from the home on Cottonwood Avenue just after midnight and tried to enter to help the residents, but were overcome by smoke and had to leave.

Firefighters were able to pull them out and tried to resuscitate them but were unsuccessful.

Sgt. Jennifer Pound said the findings weigh heavy on the family. KATE WEBB/METRO

Police, city, pub

Man sues over arrest posted on web

A man and his spouse are suing a Port Moody police officer for an arrest that knocked him unconscious.

Herbert Ramos and Tracey Ferris are also suing the city for wrongful arrest and detention and a local pub and its manager for providing officers with false information.

A court document says the two were celebrating a birthday at the Golden Spike Pub when a dispute began with bouncers. It says Sgt. Ian Morrison grabbed Ramos, a CTV cameraman, from behind the neck and threw him violently backwards without warning onto the parking lot.

Ramos and Ferris say there were no grounds to arrest and detain them before they were released without charges in the incident caught on video and posted online. THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than $10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**

A fireman drives by a charred car on Monday on the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week after the incident.
JACQUES BOISSINOT/THE CANADIAN PRESS

Mauritania. Canadian to be freed after sentencing for alleged al-Qaida ties

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a $2,000 US fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press. **THE ASSOCIATED PRESS**

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Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!" **THE CANADIAN PRESS/TORSTAR NEWS SERVICE**

MacKay, left, Rempel and Flaherty

Labelling concerns

'Broad spectrum' sunscreen carries broad definition

Some may think that when they grab a bottle of "broad spectrum" sunscreen, they are protected from these rays, but Health Canada labelling hasn't yet caught up with new U.S. regulations.

The 2012 U.S. labelling rule calls for UVA protection in all "broad spectrum" products. Health Canada is considering similar regulations. **GRAHAM LANKTREE/METRO IN OTTAWA**

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died. **THE ASSOCIATED PRESS**

Manitoba flood

Evacuees' hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over $3 million in unpaid bills.

The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn't paid him since he accused it of squandering money months ago. **THE CANADIAN PRESS**

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes on Sunday.

Police say the baby was seen crying and sweating profusely but is OK. **THE CANADIAN PRESS**

Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? $12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for $12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

Galen Weston, executive chairman of Loblaw, holds his son Graydon after a press conference in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for $5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering $33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at $61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

They're back, baby!

Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember.

The new boxes hitting shelves this week list the spongy yellow cakes as having 270 calories and a weight of 77 grams for two cakes, or 135 calories and 38.5 grams for one cake.

Right before it went out of business, the predecessor company had told The Associated Press that Twinkies were 150 calories per cake.

A spokeswoman for Hostess said in an email that the size change was made in "mid-2012" by the predecessor company.

THE ASSOCIATED PRESS

The spongy yellow cakes return. MATT ROURKE/THE ASSOCIATED PRESS

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew. THE ASSOCIATED PRESS

Reputation

Asiana will not to sue the NTSB because it said it was the TV report that damaged the airline's reputation.

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NOT ALL RIGHT TO WEAR WHITE

SHE SAYS

Jessica Napier
metronews.ca

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches, lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Baby watch is a royal bore

CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth.
Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch".

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Breathe easy. Jog for the Bog benefits boardwalk

News worth sharing

What better way to celebrate the fresh air this summer than by helping to keep it pure?

At this year's Jog for the Bog event on July 28, visit the scenic trails of the Burns Bog, and support the conservation of this unique ecosystem.

Known as "the lungs of the Lower Mainland," the Burns Bog captures carbon dioxide from the atmosphere, filters rainwater and helps to regulate the climate.

"It's an ecological area that benefits all of us. We want to celebrate that," says Michael Cooper, special events coordinator for the Burns Bog Conservation Society.

The area receives over 50,000 visitors every year.

Jog for the Bog begins at 9 a.m. with a 5-kilometre walk/10-km run, followed by the festivities of International Bog Day, including interactive displays, guided tours of the bog, yoga classes, dance performances and live music.

Proceeds will help maintain the boardwalk through the Delta Nature Reserve and fund the Society's educational and outreach programs. **CRAIG AND MARC KIELBURGER**

Craig and Marc Kielburger are founders of Free The Children. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter

A new study from Ohio State University says smokers cost employers $3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever(y) half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees.

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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DVD reviews

Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

The really scary thing about Fede Alvarez's Evil Dead is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's The Evil Dead shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an Evil Dead movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that Evil Dead inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL

Michael Cera, 25, stars in Crystal Fairy, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE
Metro World News in New York

Before discussing his new microbudgeted film, Crystal Fairy, Michael Cera gushes about the films of John Cassavetes. He cites Opening Night, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to Husbands — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like Crystal Fairy, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing The Maid, a hilariously neurotic Argentine dramedy about a grumpy housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, Magic Magic about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny Crystal Fairy in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in This is the End, but Crystal Fairy finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

I like the cut of your jib

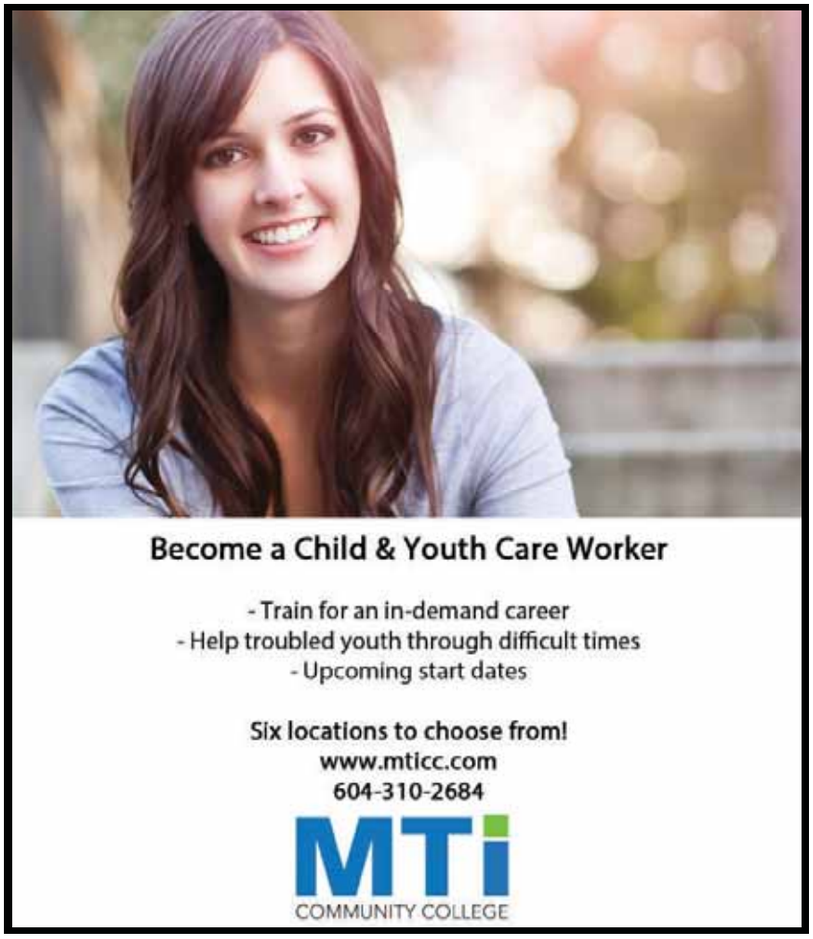
"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

COURT YARD HOUNDS
AMELITA

Court Yard Hounds' Emily Robison and Martie Maguire from the Dixie Chicks are at it again.

With their highly anticipated follow up album **AMELITA** on **July 16th**.

Available at Walmart



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jenny's got a View, and I've got one too

THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.

She's going from straight A's to getting her first F.
The To Do List
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Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in The Wolverine. His trainer, David Kingsbury, tells us how he went from skinny to superhero

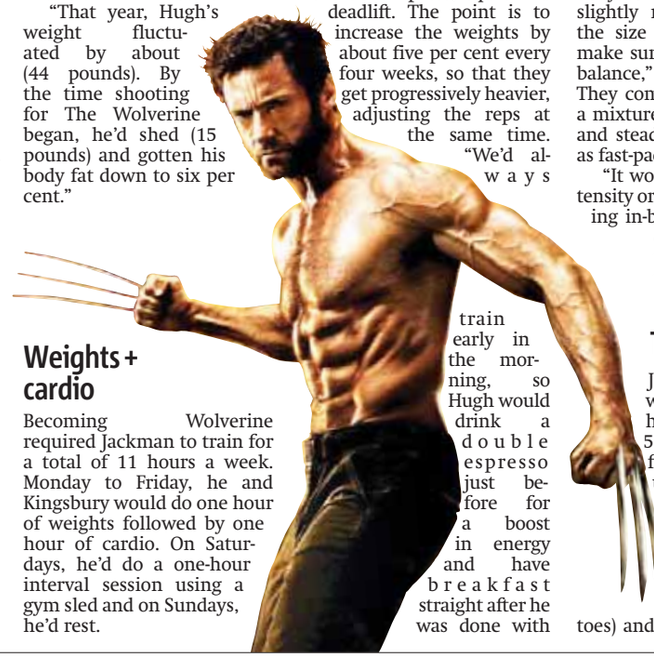
ROMINA McGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for The Wolverine halfway through working on Les Misérables, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of Les Miz, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to The Wolverine."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for The Wolverine began, he'd shed (15 pounds) and gotten his body fat down to six per cent."



Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the same time.

"We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury. They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

Wolverine in numbers

- **Age.** 44
- **Weight.** 198 pounds
- **Height.** Six foot two
- **Body fat.** Six per cent
- **Calories/day.** 5,000
- **Total hours of workouts / week.** 11
- **Body.** 70 per cent diet and 30 per cent training

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken), vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats.

On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

What Hugh Jackman ate to bulk up

Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter

Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato

Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach

Meal 4

Grilled salmon
Half an avocado
Broccoli

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ARE YOU A PARENT WITH A YOUTH STRUGGLING WITH THE 'TEEN YEARS'?

Teen years can be stressful for parents and youth! Some teens get involved in serious problems like running away or skipping school, even becoming involved with the youth justice system.

We are looking for parents of girls or boys ages 10-17 who are involved in the youth justice system to participate in a study that evaluates a new program that focuses on strengthening parent-teen relationships as a way to reduce problem behaviour in youth. Parents and youth will receive honoraria for completing questionnaires during and after the study.

To find out more about this study please call the SFU Adolescent Health Lab: (778) 782-4956 or email: youth_project@sfu.ca. There is no obligation to participate and the decision can be made after receiving all the study details. All inquires and responses are completely confidential.

This research project is funded by the Canadian Institutes of Health Research and led by Dr. Marlene Moretti and a team from SFU and UBC.

SFU SIMON FRASER UNIVERSITY
ENGAGING THE WORLD

You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake

This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

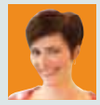
6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan; smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. **THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD**

Health Solutions

There's an app for that (guest)



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-y or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

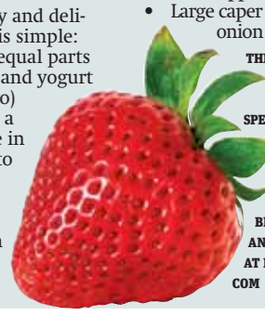
Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion



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Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN
Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity.

Greg Pembroke, blog creator and author of Reasons Why My Son is Crying

The 33-year-old dad told us about posting pictures as parenting therapy.

Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. ISTOCK

What was it like to have pictures of your kids go viral?
It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?
In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. … Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?
It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Are you over-insured? Read the fine print

YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesmen?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Whitecaps goalkeeper Brad Knighton stops a shot during Sunday's game against the Fire at BC Place stadium. Knighton had a clean sheet spoiled late in the Whitecaps' 3-1 win. DARRYL DYCK/THE CANADIAN PRESS

Keeper apologizes for losing his cool

MLS. In frustration over late goal, Knighton says he lost sight of team's triumph

CAM TUCKER
cam.tucker@metronews.ca

Brad Knighton and the Vancouver Whitecaps were literally seconds away from their second consecutive clean sheet, as they took on the Chicago Fire on Sunday.

Then Patrick Nyarko scored for the Fire in the fourth minute of second-half added time, eliminating the chance of a shutout for Knighton and the Whitecaps. In the grand scheme of things, the late goal had no impact on the overall result.

The Whitecaps overcame a sluggish first-half performance and put three goals on the board in the second half, to record what turned out to be a 3-1 victory over the Fire at BC Place stadium.

But Knighton was incensed after the Nyarko goal.

He punted the ball high into the air and then stormed off the field at the end of the match.

On Monday, as he and his teammates hit the pitch at UBC for a recovery session, Knighton apologized for what transpired following the Chicago goal.

"Obviously, from my standpoint, if I could take it back, I would," Knighton told reporters.

"Our team did a fantastic job defensively throughout the entire game. (Brad Rusin) is throwing his body in front of shots, taking two in the stomach and everyone's laying it out on the line. It's just to concede late, and from my perspective, we want clean sheets every game and that's why I was upset.

"It's frustrating for me because obviously you want clean sheets but wins are more important than clean sheets. And I want to apologize to the guys on our team for storming off and leaving them on the field and apologize to our fans.

"We have a reputation of our fans are our biggest supporters and our organization is trying to be one of the best in the world and when you have stuff going on like that, it's not good. And I'm the first to hold my hand up and apologize, and it's never going to happen again and it's a learning experience."

He's on fire

Sanvezzo named player of the week

The individual accolades keep rolling in for Whitecaps striker Camilo Sanvezzo.

Sanvezzo was named MLS player of the week on Monday, after he scored twice in Sunday's win over Chicago.

He now has a league-leading 12 goals on the season. In addition to his second player of the week honour this season — also the fourth time a member of the Whitecaps has been given the award in the last five weeks — Sanvezzo was named to the 2013 MLS all-star team.

Camilo Sanvezzo
GETTY IMAGES FILE

In his last seven MLS games, Sanvezzo has nine goals. The Whitecaps, since the beginning of June, are 6-1-1. CAM TUCKER/METRO

CFL

Lions fullback 'the best at what he does'

In the BC Lions' offensive scheme, it might seem rare for Rolly Lumbala to get his hands on the football.

Dating back to his sophomore season in 2009, the Lions' veteran fullback has had only 17 rushes and 19 catches.

On Saturday, as the Lions and Edmonton Eskimos played under a constant and torrential downpour at Commonwealth Stadium, Lumbala finally recorded his first carry of this season, which turned into a 29-yard rumble.

Did it translate into part of a scoring drive? No.

But in the battle of field position, made even more important by the sopping wet conditions, it helped the Lions move the ball from their own 14-yard line toward the middle of the field.

As a result, they were able to pin the Eskimos deep in their own end, ultimately helping the Lions grind out a 17-3 victory.

There's something to be said for the element of surprise on the play. Andrew Harris is the team's No. 1 running back, and he had 17 carries against Edmonton.

So a handoff to Lumbala is something that perhaps the Eskimos weren't anticipating.

"There's no doubt this game is about tendencies," said Lions head coach Mike Benevides on Sunday.

"He does a great job any time he gets to touch the ball. He's just asking for it more now."

Lumbala doesn't get the same recognition within the offence that others do. His contributions are more of the blue-collar variety, like blocking.

He's also a key component on the Lions punt and kickoff teams. He's tied with Paul Woldu of the Saskatchewan Roughriders for the CFL lead in special-teams tackles with six.

"There is no other Rolly Lumbala in the Canadian Football League," said Benevides.

"He's the best at what he does. He's a true fullback in the truest sense and he's a big part of our offence." CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus
April 21 - May 21
By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini
May 22 - June 21
You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer
June 22 - July 23
This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo
July 24 - Aug. 23
You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo
Aug. 24 - Sept. 23
If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you shouldconsider getting involved. Make the world a better place.

♎ Libra
Sept. 24 - Oct. 23
Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio
Oct. 24 - Nov. 22
If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

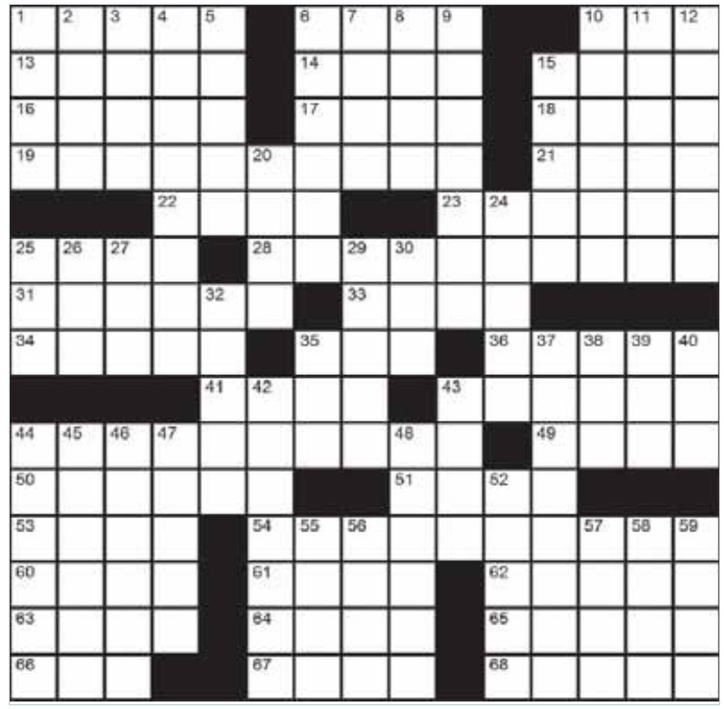
♒ Aquarius
Jan. 21 - Feb. 19
Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces
Feb. 20 - March 20
You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



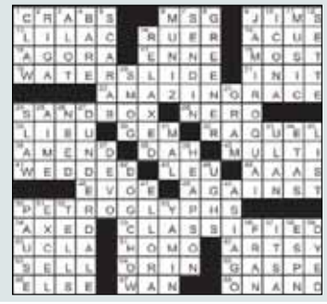
Across

1. Ex-Pres. Bill Clinton's nickname
6. Entr'__ (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's __ __ to you now."
14. Mr. Griffin
15. London, England's __ Park
16. Summery drink
17. Eurythmics' "Would _ ___ to You?"
18. Take down __ (Humble): 2 wds.
19. Prime Minister's country retreat, __ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, _ __ Russia $1200
34. Gawk
35. Fitting
36. Pacific __
41. Party inviter's request [acronym]
43. Neat ___ __ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. __" (1999)
51. Each: 2 wds.
53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the __ __
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"
63. Pegs on the green
64. Warren Beatty/ Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-__
68. Machine button, perhaps

Down

1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one
6. Martin Short comedy, "'Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___ _
11. Antarctica
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarines
25. House temp. coolers
26. Temple in Cambodia, Angkor __
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. __.
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup _' __ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		7		5		4	
9								7
		8		1		2		
	9	7		3		6	8	
	1			8			2	
	8	4		2		5	9	
		6		9		4		
8								5
	4		8		6		3	

Yesterday's Sudoku

2	7	4	9	6	3	8	1	5
5	3	9	8	1	4	2	7	6
1	8	6	2	5	7	4	3	9
4	5	8	3	7	1	6	9	2
7	2	1	5	9	6	3	8	4
6	9	3	4	8	2	1	5	7
8	6	5	1	2	9	7	4	3
3	1	2	7	4	5	9	6	8
9	4	7	6	3	8	5	2	1

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Check the 14 day trend.
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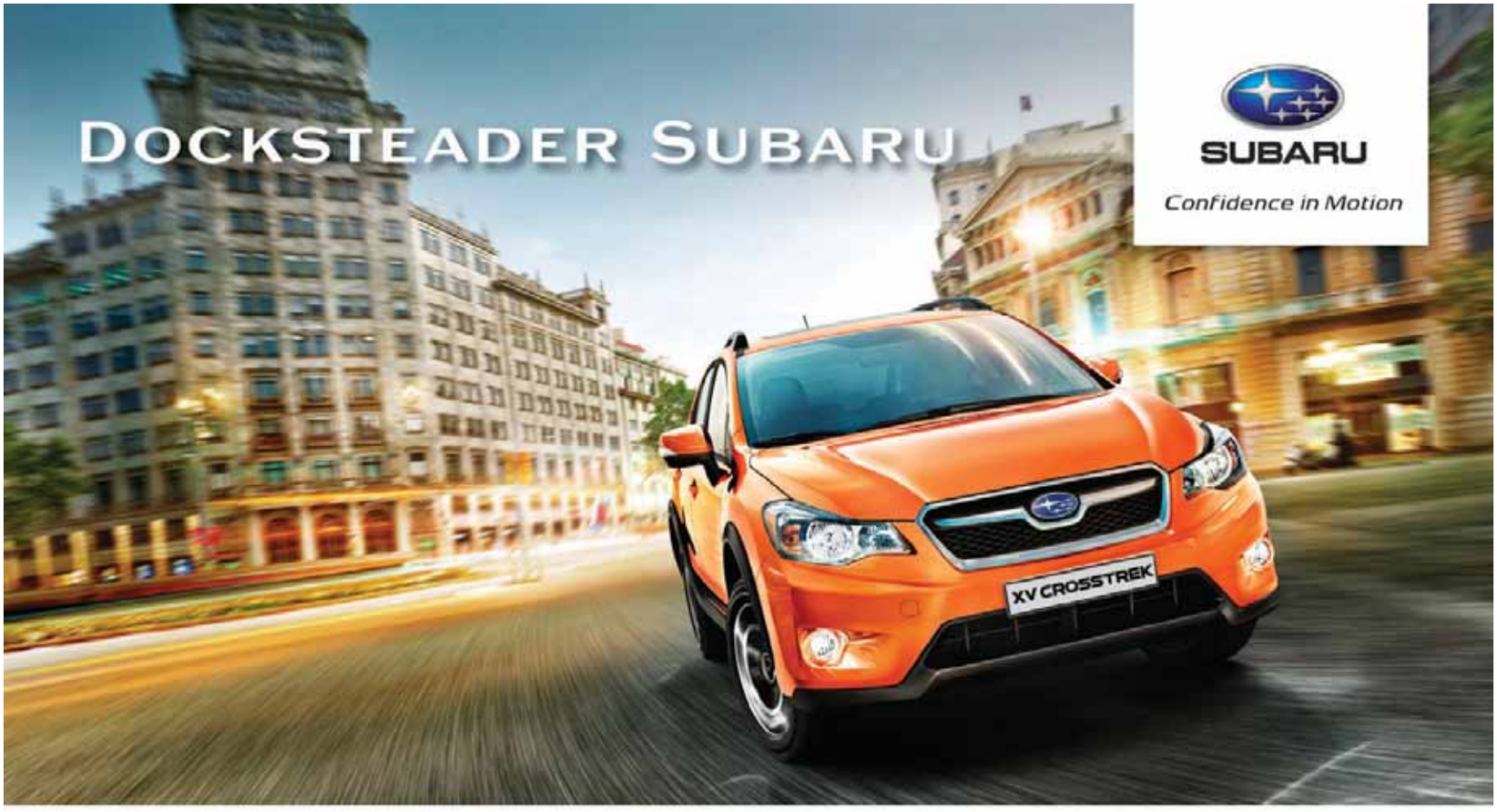

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